Living in the Bay Area I?ve learned to live with congested highways and bridges. Not too long ago I worked 50 miles away from home. Each morning and each evening I struggled to find different routes to avoid traffic incidents. Before the XM Instant Traffic & Weather stations came online, I relied on a couple of Bay Area A.M. radio stations to determine which routes to take to keep my commute time under 90 minutes. However, these stations reported traffic information every 10 minutes, and in some cases, the traffic reports were preempted by other news reports or sporting event broadcasts. XM saved me a lot of grief, not to mention stress, with the Instant Traffic reports. My XM radio is more than an entertainment unit for me, it?s a necessary tool to survive living in the Bay Area.